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Weekly Bulletin

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UNIVERSITY OF CALIFORNIA
MEDICAL SCHOOL

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GUY P. JONES
EDITOR

Set Examination For Public Health Nurses.

The regular examination for public health nurses who desire to obtain certificates as public health nurses will be given by the California State Board of Health, May 8, 1926, at its offices in San Francisco and Los Angeles. Applications for this examination must be filed in the San Francisco office of the board, 337 State Building, not later than April 20, 1926. Blank application forms may be secured by writing to the office of the board, Forum Building, Sacramento; Sun Finance Building, Los Angeles or State Building, San Francisco.

Applicants for examination for certificate as public health nurse shall be:

1. Registered nurse under the laws of California.
2. Shall have completed a public health nursing course of from four to eight months in a school approved by the California State Board of Health, or
3. Shall have completed at least a semester (four months) of post-graduate work in social service, including theory and practical work, or
4. Shall present evidence of having engaged in general public health nursing for at least two years in connection with a public health organization approved by the California State Board of Health. (See paragraph 7.)
5. All applications for examination as public health nurse shall be filed in the office of the California State Board of Health, State Building, San Francisco, and shall be passed on by a committee of the board.

6. Upon examination, credit of 5 per cent will be given to applicants who have completed a four-months' course in public health nursing, and 10 per cent to applicants who have completed an eight-months' course in public health nursing.

7. On and after June, 1926, presentation of evidence of having attended a summer course of at least six weeks at the University of California at Berkeley or Los Angeles, or a course of equal standard at any other university, shall be required in addition to two years' practical experience.

8. All applications shall have attached to them an affidavit, sworn to before a notary public, as to qualifications outlined in paragraphs 2, 3, 4 and 7.



Imperial County Subdues Trachoma.

The program for the control of trachoma in Imperial County, started about three years ago by Dr. L. C. House and Dr. C. S. Brooks of El Centro, has produced successful results throughout the county territory. Dr. F. A. Burger has also conducted a successful campaign against this disease in the city of El Centro. Dr. A. L. Heck, Health Officer of Calexico, has done excellent work in trachoma control in his city. Similar results have been accomplished in Holtville, Imperial and Calipatria.

Trachoma was originally brought into Imperial County from the southern and southwestern states. About 400 cases have been treated successfully and many cases are still undergoing treatment at the present time.

Candy vs. Tobacco For State Prisoners.

Prisoners in corrective institutions of most states receive a regular allowance of tobacco. Some of these inmates do not use tobacco and have expressed a preference for candy. Professor M. E. Jaffa, Director of the Bureau of Food and Drugs of the California State Board of Health has been asked for an opinion regarding the relative merits of tobacco and candy from the viewpoint of food values involved. He says:

I am heartily in favor of the prisoners being allowed to make a choice between candy and tobacco. In other words, if a man would rather have an allowance of candy than his allowance of tobacco, he should be allowed his freedom of choice. I am of the opinion that there are many good and substantial arguments in favor of this opinion. Fundamentally it should be said that candy is a food while tobacco is not. Candy is a food because it answers to one of the best definitions which has been given of food. Food is that which when taken into the body either builds tissue or yields energy or assists in body processes.

Not only does any form of candy as a finished product, answer to the definition of food but all ingredients which are used in the making or preparation of any form of candy answer to the definition of food. This is especially true of sugar. Sugar, the chief ingredient of candy, is par excellence, one of the best sources of muscular energy at command of man; that is, when used rationally. When used irrationally, digestive disturbances are bound to follow. There is no one food or food product which will yield quicker returns to the body in shape of energy than will sugar. It matters not whether it is cane sugar, beet sugar, honey sugar or glucose, etc. Provided each is pure, the net returns in calories to the body are identical, 1820 calories per pound.

One of the most common varieties of candy, as well as one of the most nourishing varieties is chocolate candy, in that chocolate is in itself a very concentrated food of high nutritional worth. It is rich in fat, containing about 50 per cent and 13 per cent of protein. It is true that the protein in chocolate is not of as high a physiological value as the protein in milk or meat or eggs; at the same time it is of value. Chocolate will yield 2860 calories per pound, far higher than that noted for sugar owing to the high fat content just mentioned. In this connection it must be remembered that the figure

2860 refers to unsweetened chocolate. Chocolate creams, chocolate caramels and chocolate candy on the average will rarely yield more than 2000 calories per pound, in view of the fact that sugar and other ingredients which enter into the formula of the candy possess a lower caloric value than pure chocolate.

Another ingredient which enters into the composition of "brittles" is the edible nut, and peanuts stand out most prominently in this connection. Nuts are the most concentrated natural food that is consumed by man. It is therefore evident that the nut brittles possess the highest caloric value; peanut brittle yielding as high as 2150 calories per pound. Furthermore, the nut brittles not only have such a high caloric value but are valuable because they contain protein and considerable fat, and again, the nuts are a source of vitamin B.

With the exception of the nut candies and nut brittles the chocolate preparations are the most valuable from the standpoint of nutrition in that they include in their composition appreciable amounts of protein and fat. Chocolate caramels contain more protein than does raw rice, and from $2\frac{1}{2}$ to 4 times as much as is contained in cooked rice. It may be further stated that no cereal dish contains as much protein as is noted for the caramels. There are many breads which do not rate high in this respect. It is thus seen that candy, nutritionally considered, is a very valuable food and when rationally used is a very desirable addition to the diet, whether it be for man, woman or child.

What is to be seriously considered, however, is the rational use of candy. If a person has had a heavy meal, naturally candy would be contra-indicated. If, on the other hand, a person is doing a piece of hard work or going to do a piece of hard work, then just before and during said period candy is well worth while, due mainly to the fact that there is such a large percentage of sugar in the candy that the muscular energy required for such work can be furnished partly through the consumption of this candy.

The discussion of the question should prisoners be allowed candy, in lieu of tobacco, brings up many interesting points, economically and nutritionally.

I am not familiar, not being a smoker, but not objecting thereto, with the price of tobacco. I know, in general, the price of a good cigar. I do not know the cost of the allowance by the state for tobacco to each prisoner and therefore can not discuss the subject accurately financially, but I am of the opinion that candy for

prisoners could be purchased at a very low rate at any of the large candy factories. There is in candy factories, as in biscuit factories, a large amount of "broken" material. This nutritionally, is just as good as the "unbroken" product but can be purchased at a far less rate, so that it would appear to me that the financial side of the question is not the one which should receive serious consideration on the part of the powers that be.

Every prisoner, as I understand the situation, is entitled to his allowance of tobacco. I am fully aware from my visits to the prison that many do not take advantage of their tobacco allowance but trade it to someone else for his allowance of sugar. It is the custom, or *was* the custom, to twice a week give to each prisoner, who comes to the dining room, two or three ounces of sugar as such. Some of the prisoners use it as was originally intended; others take it with them from the dining room and use it as money, that is, as a medium of exchange; trading it for special favors in certain ways, or for tobacco from those who would rather have tobacco than sugar. It is thus seen that there is a craving on the part of those who do not smoke for the extra sugar and furthermore, this is not an unnatural craving.

It must be remembered, however, that candy does not furnish bulk. It belongs to the class of concentrated foods, such as nuts, cheese, etc. The low percentage of water in the candies is a further indication of their concentration. They therefore could not be expected to have a place in the main part of a meal, but could form a dessert or part thereof, depending on the meal. Their large use, however, will probably always be as an "in-between," that is, eaten between meals.

It has been argued that tobacco is a necessity and candy a luxury. Personally, I am of the opinion that the reverse is true, namely, that candy is more of a necessity and tobacco a luxury. Furthermore, it must not be forgotten that when candy is rationally used the body assimilates calories well worth while, while in the case of say chewing tobacco there is an expenditure on the part of the body of calories, some of which are expectorated with the tobacco juice, therefore, in the use of chewing tobacco there is a waste of calories on the part of the body, furthermore an out-go, while in the case of candy there is a valuable in-come of calories. This is a point which is not generally considered and yet it has a very practical bearing on the question at issue. Each of us possesses, carries with us, a

replica, a facsimile of the oldest, most wonderful, most complete, elaborate chemical works ever known. The most complex, the most fundamental chemical and physical reactions are constantly going on. In other words, our body never does something for nothing; every effort that is made means the expenditure of calories, and when it is all out-go, as in the case of chewing tobacco, there is a loss to the body.

In conclusion I would state that if the diet of the prisoner were replete with sugars, sweet desserts, etc., there might be an objection raised to the serving of candy in lieu of tobacco, but under the conditions at present obtaining and which have obtained for many years back, I am of the opinion that the issuing of candy in lieu of tobacco is well warranted and will tend to improve, though only to a slight extent, the diet now in force, due to its high nutritional worth. Particularly is this true when chocolate caramels or nut brittles are served.



Kern County And Bakersfield Vaccinate.

Dr. P. J. Cuneo, City Health Officer of Bakersfield, and Dr. Joe Smith, Health Officer of Kern County, are conducting an active vaccination campaign in Kern County and Bakersfield. Employees of the Standard Oil Company, Associated Oil Company, Union Oil Company and the San Joaquin Light and Power Company who reside in Kern County have been immunized against smallpox. There are 8000 employees of these companies who are residents of Kern County. In addition to these individuals, large numbers of other citizens have been vaccinated. There have not been many cases of smallpox within the county, but the severe type of the disease has prevailed, three deaths having occurred among ten reported cases.



MORBIDITY.*

Diphtheria.

132 cases of diphtheria have been reported, as follows: Alameda County 2, Alameda 1, Oakland 3, Piedmont 1, Fresno 1, Humboldt County 1, Los Angeles County 20, Alhambra 1, Beverly Hills 1, Hermosa Beach 1, Huntington Park 1, Los Angeles 65, Hawthorne 1, Orange County 1, Santa Ana 2, Corona 2, Sacramento 2, San Diego 5, San Francisco 18, San Mateo County 1, South Francisco 1, Sonoma County 1.

Measles.

189 cases of measles have been reported, as follows: Oakland 28, Piedmont 2, San Leandro 1, Chico 1, Pittsburg 3, Fresno County 1, Fresno 1, Taft 1, Hanford 1, Los

*From reports received on March 29th and 30th, for the week ending March 27th.

Angeles County 8, Alhambra 2, Claremont 3, Long Beach 1, Los Angeles 15, Redondo Beach 1, Pasadena 2, Whittier 1, Santa Ana 1, Sacramento 1, San Bernardino 17, San Francisco 94, Daly City 1, San Jose 1, Ventura County 2.

Scarlet Fever.

147 cases of scarlet fever have been reported, as follows: Alameda County 1, Alameda 3, Berkeley 3, Livermore 3, Oakland 4, Butte County 10, Chico 1, Richmond 1, Fresno County 4, Eureka 2, Imperial 1, Kern County 1, Bakersfield 1, Taft 1, Los Angeles County 7, Burbank 3, Glendale 1, Glendora 2, Hermosa Beach 4, Long Beach 5, Los Angeles 34, Pasadena 1, San Fernando 1, Whittier 2, Lynwood 1, Maywood 3, Madera 1, Monterey County 1, Monterey 1, Orange County 3, Santa Ana 2, Corona 1, Riverside 1, Sacramento 5, Chula Vista 1, San Diego 2, San Francisco 19, San Joaquin County 2, Santa Barbara County 2, Santa Maria 1, Los Gatos 2, San Jose 1, Rio Vista 1, Stanislaus County 1.

Smallpox.

126 cases of smallpox have been reported, as follows: Oakland 21, El Cerrito 2, Richmond 1, Placerville 1, Brawley 8, Bakersfield 2, Taft 1, Los Angeles County 12, Compton 1, Culver City 1, Huntington Park 1, Inglewood 1, Los Angeles 46, Monrovia 1, Redondo Beach 2, Santa Ana 1, Sacramento County 1, Sacramento 3, San Diego County 2, San Diego 2, San Francisco 5, San Joaquin County 1, Stockton 1, Santa Cruz 1, Sonoma County 2, Stanislaus County 5, Woodland 1.

Typhoid Fever.

7 cases of typhoid fever have been reported, as follows: Alameda County 1, Oakland 1, Los Angeles 1, San Francisco 1, San Joaquin County 1, Modesto 1, California 1.

Whooping Cough.

52 cases of whooping cough have been reported, as follows: Alameda County 4, Alameda 2, Oakland 12, Piedmont 1, Fresno County 5, Los Angeles County 4, Azusa 2, Long Beach 3, Los Angeles 2, Pasadena 3, Colton 2, Chula Vista 2, San Diego 4, San Francisco 3, San Luis Obispo County 2, Sonoma County 1.

Poliomyelitis.

1 case of poliomyelitis has been reported from Los Angeles County.

Epidemic Meningitis.

5 cases of epidemic meningitis have been reported, as follows: Oakland 1, Fresno County 1, Humboldt County 1, Los Angeles 2.

Epidemic Encephalitis.

2 cases of epidemic encephalitis have been reported from Los Angeles.

Rabies (Human).

1 case of human rabies has been reported from Huntington Park.

Trichinosis.

2 cases of trichinosis have been reported from Glendale.

COMMUNICABLE DISEASE REPORTS.

Disease	1926				1925			
	Week ending			Reports for week ending Mar. 27 received by Mar. 30	Week ending			Reports for week ending Mar. 28 received by Mar. 31
	Mar. 6	Mar. 13	Mar. 20		Mar. 7	Mar. 14	Mar. 21	
Anthrax.....	0	0	1	0	0	0	0	0
Chickenpox.....	550	438	427	375	525	369	364	383
Diphtheria.....	115	99	151	132	132	135	153	128
Dysentery (Bacillary).....	1	0	2	0	0	2	3	1
Epidemic Encephalitis.....	5	1	2	2	3	2	5	2
Epidemic Jaundice.....	0	0	1	0	0	1	3	0
Epidemic Meningitis.....	3	1	4	5	2	1	3	3
Gonococcus infection.....	109	88	73	112	70	86	62	69
Influenza.....	163	64	131	35	125	280	163	149
Leprosy.....	0	0	0	0	0	0	0	0
Malaria.....	4	0	0	1	1	0	0	0
Measles.....	124	161	170	189	76	60	145	103
Mumps.....	340	443	366	363	246	294	308	346
Pneumonia (lobar).....	86	78	58	50	58	65	73	60
Poliomyelitis.....	3	2	6	1	4	3	2	4
Rabies (human).....	0	0	0	1	0	0	0	0
Rocky Mt. Sp. Fever.....	0	0	0	0	0	0	0	1
Scarlet Fever.....	187	145	181	147	186	161	163	172
Smallpox.....	184	174	105	126	146	145	167	170
Syphilis.....	140	108	93	106	123	153	86	92
Tetanus.....	2	1	1	1	0	0	2	0
Trichinosis.....	0	0	0	2	0	0	0	0
Tuberculosis.....	231	244	169	233	194	149	191	149
Typhoid Fever.....	6	5	12	7	15	7	9	9
Typhus Fever.....	0	0	0	0	0	0	0	0
Whooping Cough.....	75	66	91	52	286	327	297	418
Totals.....	2328	2118	2043	1940	2192	2240	2199	2259

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